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before 7.30 a. m. Probably the only additional expense in running the eight-hour system is the cost of the extra number of night nurses required. In Crouse-Irving, sixteen to eighteen night nurses are needed, instead of eight or nine. To offset this extra expense, are the facts that the eight-hour system is of the greatest advantage from the standpoint of the health of the nurses, especially the night nurses, and that the extra time off duty allows plenty of opportunity for study, and does away with sleepy and tired nurses in the class room. This plan is also a means of inducing a very superior class of young women to enter training, which is of the greatest advantage to the patients and to the school.

Elsie W. Hillen, Superintendent of Nurses.

Crouse-Irving Hospital, Syracuse, N. Y.

A GOOD MASK

Dear Editor: I would like to say that I have tried the mask for contagious diseases designed by Dr. Dannenburg, described in the July number of the JOURNAL. I made one from the description given and wore it through two scarlet fever cases, also during the influenza epidemic in the fall, and again this winter, going from one case to another, and I am thankful to say did not take the disease. This mask is far ahead of those the state of Massachusetts gave out to nurses, or those furnished by the Red Cross, or the gauze tied around the face, worn in hospitals, which did not prove satisfactory. I wore it with six thicknesses of gauze, wet, as I changed them whenever taking the mask off. I kept a basin of boiling water to drop them in. The wet gauze I find better than dry. This is only one of many articles I have found helpful from the JOURNAL.

Maine

A. M. D.

PORTIONS OF LETTERS FROM NURSES IN SERVICE

I.

Dear ———: We hear to-night that hostilities may cease to-morrow. I am praying they may. If it were possible to continue with any other sacrifice than precious lives and mutilation of sacred bodies, I should not be willing to stop now. Several weeks ago I went with other nurses to help out where the wounded were pouring in by the thousands from the Argonne; it was the most depressing experience I ever had. After ten days we were recalled to care for hundreds and hundreds pouring in here from another sector suffering with influenza and pneumonia. With the exception of blankets and cots we were equipped for less than one-half the number admitted and were necessarily obliged to compromise everything in order to cope with the situation. Imagine having 280 medical patients and six medicine glasses, no cups or bowls available; all dishes were collected after meals and sent to the sterilizer. The difficulties we worked under were many, the laundry work was appalling, all drinking water had to be chlorinated. The water here has been contaminated for some time and therefore, on arrival, I explained to the boys just what an epidemic of cholera means. One of the nurses said to me, "You certainly put the fear of God into them." However, we had no dysentery in my building, for which I was thankful. For two days, while we were busiest, all water was turned off. Water was hauled for the kitchens only,—cold, cold, everywhere. The smallest kind of stoves were used to heat wards the exact size of those at the New York Hospital. No lights after dark and on cloudy days this means 4 p. m. Intermittent Boche planes are over us day and night, with constant firing from anti-aircraft guns and often shrapnel